

Nutrient information based on 1 cup (8oz):

Type of milk/milk drinks ¹	Calories	Protein(g)	Total Fat(g)	Calcium(mg)	Other comments
Whole	149	7.7	7.9	276	With added Vitamin D
2%	122	8.1	4.8	293	With added Vitamin D
1%	102	8.2	2.4	305	With added Vitamin D
Fat free	83	8.3	0.2	299	With added Vitamin D
Soy	108	6	3.6	289	With added calcium, vitamin D
Almond (original) ²	60	1	2.5	450	With added calcium
Rice (unsweetened)	113	0.7	2.3	283	With added calcium, vitamin D
Coconut, canned	445	4.6	482	41	

1- Nutrient information obtained from USDA nutrient database, unless otherwise specified.

2- Nutrient information for almond milk obtained from Silk Pure Almond website (<http://www.silkpurealmond.com/>)

Note: The calcium in the milk alternatives is fortified and levels are not regulated nor required. Read the label for the most accurate level of calcium and other nutrients